




























YALETOWN EXPRESS - GROUP FITNESS - SPRING 2019

April 1st, 2019 - July 1st, 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM		Virtual Cycle 45min 		Virtual Cycle 45min 			
10:00AM						The Works Kristi - 55min  	
10:30AM							Zumba!® ^T Kane - 55min 
11:00AM						Virtual Conditioning 30min  	Virtual Barre 11:30AM - 30min  
12:15PM	Buff Body Cindy - 55min 	Shred Express ^T Lisha - 55min 	The Works Dan - 55min  	Virtual Cycle 30min 	Virtual Barre 30min  		
5:30PM	Zumba!® ^T Renata - 55min 	The Works Alicia - 55min  	3D Fit *NEW* Shaiful - 55min 	Circuit 60 *NEW* Mat - 55min  			
6:30PM	Yoga Dan - 55min 	Zumba!® ^T Kane - 55min 	Virtual Mind/Body 45min 	Zumba!® ^T Caroline - 55min 			
7:30PM		Virtual Mind/Body 30min 					

*Please note schedule may be subject to change without notice.

TIME

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Legend

Strength



Cardio



Cycle



Aqua



Yoga & Stretch



Ticket required for this class. Tickets are available at front desk 30min prior to class start time.
Hold onto your ticket until the class instructor collects it.

YALETOWN EXPRESS CLASS DESCRIPTIONS

Included Classes

Zumba!®

Zumba! fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a kind fitness class that will blow you away. Zumba fanatics achieve long-term benefits while experiencing an absolute blast in one hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Specialty Class, accessible to Level 2/3 members only.

Circuit 60

Happy 60th Birthday to us! Celebrate with this unique circuit workout: 6 stations filled with challenging drills to perform for 60 seconds or 60 reps shared amongst your team. Be sure to get in your retro cardio between rounds for maximum sweat and fantastic results. Here's to the next 60!

3D Fit

An integrated approach to developing strength and power from the inside out, and at all angles. Enhance overall fitness through this blend of functional training.

Buff Body

This muscle conditioning class targets key body parts for ultimate strength and confidence. Sculpt, tone and buff your way to your best body ever!

Virtual Conditioning

Available exclusively at our Yaletown and Abbotsford locations. Members now have access to hundreds of additional class options using the Wexer virtual class system. Enjoy our recommendations as scheduled or classes on YOUR time whenever the studio is free!

Shred Express

An intense interval cycling experience for those wanting a serious no-nonsense sweat. Spin, push, pedal, climb, recover, repeat! Finish with 10min of easy riding and a soothing stretch to round out the class.

The Works

A power-packed circuit class using all kinds of cardio and resistance training in an interval style. Suitable for all levels and no workout is ever the same. Guaranteed to be boredom-proof!

Yoga

This foundation Yoga class will challenge you both mentally and physically. Strengthen your muscles while improving posture and flexibility.

Virtual Barre

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Virtual Cycle

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Virtual Mind/Body

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